

# ELLINGTON TOWN CRIER

## A SENIOR CENTER NEWSLETTER

Erin R. Graziani, Director  
Noreen Staiger, Assistant  
MaryAnne Mandell, Receptionist  
Van Drivers: Jeanne Magurany  
Clay Farnham and Paul Sawyer

**TELEPHONE**  
**870-3133**

**AUGUST**  
**2006**

Ellington Senior Center  
16 Church Street  
Monday: 8:30 am to 6:00 pm  
Tues-Thurs: 8:30 am to 4:00 pm  
Friday: 8:30 am to 1:30 pm

Greetings from the Director— Our following dear friends at the center have passed away; Jeanne Korber, Neal Willis, Joe Morin, Marge Limberger and Gen Rabe. We will sincerely miss these wonderful people who will always remain close in our hearts. We remember their families in our prayers. Please refer to the insert “ Ellington Supermarket” inside this edition. Doris Crayton expresses so well our feelings! Good news!! We received notice that the Senior Center will once again be funded in part by NCAAA grant for our EMATS! This will be our 3rd year working with NCAAA(please refer to column below “EMATS” for info)

Blessings to All

Sincerely,

*Erin R. Graziani*



### OUT TO LUNCH:

#### AUGUST

Date: August 1

Time: Noon

Place: Somers Plaza  
Restaurant

**We leave the Senior  
Center  
at 11:30 a.m.**

To Access the Town Crier  
News & Calendar on the  
Town's website:

**[www.ellington-ct.gov](http://www.ellington-ct.gov)**

- click “Our Town News”
- select “newsletter”
- select “Senior Center”

### COMMUNITY NEWS

“CURVES” is participating in the Musella Foundation for Brain Tumor Research and Information.. By taking your empty inkjet cartridges. Please drop them off either at Curves at Meadowview Plaza or at the Senior Center. For more information please call Joyce Bonney at Curves 870-5477 Thank you !

### MEMORIES & CREATIVE WRITING

“As time Goes Bye”

**Memories Booklet Volume II**

**Now on Sale at the Senior Center**  
**Donation \$5.00**

Join us on the 3rd Monday evening  
@ 6:30 p.m.  
at the Senior  
Center

**Next Date: August 21**



**VAN NEWS:** Please sign-up for transportation with the Receptionist, if you wish to take the van. **To reserve a ride, please call (870-3133)**



**at least 3full business days in advance. We can not honor requests for rides left on the answering machine. First time riders, must fill out “Intake” form prior to your ride.**

### Ellington Medical Transportation Services (EMATS)

Transportation services for non-emergency medical appointments for Ellington residents. For reservations call Senior Center Director, Erin Graziani at 870-3133 **at least 3 weeks in advance. Program is funded in part by the Older Americans Act through the North Central Area Agency on Aging.**

### Musical Insights

Program to resume in Sept.

#### Planning Meeting

Wednesday, August 9  
10:00 a.m.

We welcome 6 new committee members !!!!

**HEALTH & WELLNESS NEWS****Blood Pressure Clinics and Diabetic Screening:**

Blood pressures **2nd & 4th Tuesday** from  
1:30-3:00 p.m. Diabetic Screenings

**HOME & COMMUNITY HEALTH CARE, INC.**

Join us at the Senior Center for a series of health  
presentations from **1:30 to 2:30 p.m.**

**Aug. 23: "Healthy Eating to Prevent Cancer" by Ann Chickosky, RD** \*Sign-up at the Senior Center, if you plan to attend. Thank you

**"New For You"** Exercise class every Monday from **9:00 to 10:00 a.m.** Classes \$3.00 for residents; \$4.00 for non-residents. Instructor: Alcyone Brennan

**Tai Chi Sword, 24 and Fan:** Every Monday beginning with Sword at 10:45 a.m., followed by 24 and Fan at 11:30 a.m. Cost: \$3.00 for residents; \$4.00 for non-residents. Ed Evans, Instructor.

**CANASTA "King's Row"**

Join volunteer, Barbara Donahue on the **1st and 3rd Thursday** of each month at **1:00 p.m. at the Senior Center** in the Billiards Room. **Newcomers always welcome!!**

**VETERAN'S NEWS:**

The American Legion Auxiliary members bring lap robes (size 40x80) to the V. A. Hospital.

Anyone who would like to make a robe for the Vets, please contact Erin at the Senior Center. (870-3133)

**Veteran Contacts:**

- VFW– **Jim Stemmerman, Commander @ 872-3446** or Services Officer **Morris Webber @ 875-2613**
- American Legion– **Leonard Johnson Services Officer @ 871-1498**
- Veteran's Affairs-State Representative **Ted C. Graziani @ 240-8531**

**Dancing:**

**Line Dancing: Every Monday @ 1:00– 2:30 pm with Dot Willis**

All other dance classes; Ballroom, Oberek and Polka to resume in September

\*Look for our "Social Dancing"

Time coming on Fridays this Fall.

**BETTER AGE CLUB**

**August 10:** Picnic at the Senior Center at noon in the Garden Thyme Patio. Please bring a lunch, drink and lawn chair. 2nd Vice-President and Corresponding Secretary will bring watermelon. Rain date is the next day (8/11) **Van transportation available**

**The Better Age Singers—**

The Singers will take a hiatus and return in September.

Anyone interested joining this group, call the Senior Center at 870-3133 for details.

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\* **GARDEN THYME** \*  
\* Master Gardener, Nancy Long \*  
\* and volunteers **welcome Walt** \*  
\* **Feldman on board!** Walt brings \*  
\* much knowledge and loving care in \*  
\* keeping our garden vibrant!! \*  
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**MOVIES OR MALL  
Tuesday, Aug 8**

The van goes to the Buckland Mall  
or to the Redstone Cinemas.

**Classic film : State Fair** starring Jeanne Crane and Dana Andrews  
**Show time is 1:00p.m.**

Cost is \$1.00 for admission, popcorn and soda. **Please reserve your ride on the van one week ahead.**

**THE BOOK CLUB**

**Date:** Tuesday, August 15

**Time:** 11:00 a.m.

**Place:** Senior Center

**Discussion: The Great Gatsby**

Van transportation is available by calling the senior center one week prior to the meeting date.

## CARDS AND GAMES

**The Bridge Players:** Tuesdays @ 9:15 a.m.; see Pat Szemplinski or Rosemary Malatesta.

**Evening Cards: Setback:** Tuesdays & Saturdays at 7:00

**Pinochle:** Every Friday at 5:30 See Bob Karłowicz.

**Games Night:** The 1st Monday of every month @ 6pm; see Joan Randall.

**Mahjongg:** Come join in the fun! Every Monday @ 1pm and every Friday @ 10:00 a.m., see Sylvia Kravitz.



**AARP Driver's Safety Program** class to be held in September. If you would like to attend, please call the Senior Center at 870-3133 to register.

**"VOLUNTEERS"** Meeting at the Senior Center Tuesday, September 12, 2006 @ 2:00 p.m.

## UPCOMING EVENTS

**MEN ONLY BBQ:** Thurs. Sept 14 @ 5:30

**FASHION SHOW:** Sat. October 21 (1:30-4:30) at St Lukes Church hall with Jan Settle's Youth Group kids

**FLU CLINIC:** Mon. Oct. 23 @ Middle School

**THANKSGIVING DINNER:** Thurs. Nov. 16

**HOLIDAY PARTY:** Mon. Dec. 18 at Noon

### ELLINGTON SUPERMARKET "It was a super market"

On behalf of the town of Ellington's Human Services Department, I would like to share with everyone our deepest gratitude for the many years of dedicated service by the Ellington Supermarket "family". There simply are not enough words to express how we feel about the closing of the Ellington Supermarket. Jim and Lois Lomme have been so incredibly generous too our office through their many contributions. They have always been receptive in knowing just when we were in need and the Ellington Supermarket family have always come through for them. Also being able to maintain an account on an as needed basis has been a godsend for us when an immediate need arose. We want to thank you for all that you have done for us and for the community in so many ways through all these years. It has been with misty eyes that we have entered the Ellington Supermarket throughout this last week knowing how much we will miss some very familiar faces. We wish only the very best for your future endeavors Jim, Lois, and Ellington Supermarket staff.

**Doris R. Crayton, Human Services Director**

## THE CRAFTY CORNER

**Rose Parent's Sew & So:** 1st and 3rd Thursday @ 9:30 a.m.

**Carolyn's Crafts:** 2nd & 4th Thursday @ 10:00 am

**Denise Dupell's Knitting:** Mondays @ 2:00pm

**Lucille's Knitting:** 2nd, 3rd, 4th Tues. @ 2:00 p.m.

## ELDERLY OUTREACH SERVICES:

Contact Anna L. Turner, @ 870-313 for information on programs and services for residents age 60 and older.

### Programs at the Senior Center

#### "Celebrate Aging"

Christine Kaminski from the UCONN Health Center will give info. on how to sign-up for the new "Celebrate Aging" program and get health information through the mail. Christine will detail other senior health programs available through UCONN. Program held at the

**Senior Center on Tuesday, Sept. 19 @ 1:30**  
**Please call the Senior Center @ 870-3133 to register and if you need transportation .**

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#### "Using A Reverse Annuity Mortgage to Finance Long Term Care Needs"

Representative from the Connecticut Housing Finance Authority will give information on Reverse Annuity Mortgages as an option for funding your future long term care needs.

**Program held at the Senior Center on Thursday, Sept. 28 @ 10:30 a.m. Please call the Senior Center @ 870-3133 to register or if you need transportation. Call the Senior Center at 870-3133 to register for programs. If transportation is required, please call the Center at least 3 full business days in advance.**

## PLEASE REFER TO THE INSERT

### "TRIPS SPECTACULAR" for details

**All trips are open to the public  
regardless of age**